PROPOSED AMENDMENTS TO THE CLAIMS

1. Cancelled.

2. Cancelled.

3. Cancelled.

4. Cancelled.

5. Cancelled.

6. Cancelled.

7. Cancelled.

8. Cancelled.

9. (ALLOWED) An adjustable stationary exercise bicycle having a frame and a wheel, comprising:

(a) an adjustable friction piece mechanically in contact with said working wheel; and

(b) a tensioning and quick-brake and brake disengagement assembly comprising:

(1) a friction adjusting shaft having a threaded portion with an upper end slidably connected to said frame and a lower end in contact with said friction piece;

(2) a nut adapted to receive the threaded portion of said friction adjusting shaft wherein said nut may slide up and down within said frame with said friction adjusting shaft but will not rotate;

(3) a flange located within said frame above said nut; and

(4) a friction adjusting spring located around said friction adjusting shaft and between said nut and flange, wherein said nut and spring allow said spring to be compressed to apply braking force and with a sufficient residual resiliency remaining that permits the friction adjusting shaft to be pulled upwardly to disengage the braking effect on the wheel.

10. Withdrawn

11. (Allowed) A braking system for a stationary exercise bicycle operable to apply rotational resistance to a wheel rotatably mounted to a frame comprising:

a brake pad engageable against a rotatable wheel to provide rotational resistance there against, and

an adjustment mechanism operable to vary contact pressure of said brake pad against said wheel, said adjustment mechanism having a force transmitting member displaceable relative to the frame, and a biasing member operatively engaged with the force transmitting member and being elastically deformable by displacing said force transmitting member against a biasing force thereof when compressed, the force transmitting member being movable toward the brake pad to apply additional contact pressure between the brake pad and the wheel, and away from the brake pad by further compressing the biasing member to thereby temporarily reduce the contact pressure between the brake pad and the wheel.

12 (Allowed) The braking system of claim 11, wherein said biasing member is disposed between a first reaction surface immobile relative to the frame and a

second reaction surface disposed to transmit force from said biasing member to said force transmitting member.

13 (Allowed) The braking system of claim 12, wherein said second reaction surface is defined on a reaction member displaceable with said force transmitting member.

14. (Allowed) The braking system of claim 13, wherein said force transmitting member is a shaft and said reaction member is a nut threadably engaged thereto, said nut being rotationally captive relative to said frame and displaceable along said shaft in response to rotation thereof within said nut, such that force exerted by said shaft against said brake pad is variable by rotating said shaft to control contact pressure of said brake pad on said wheel and therefore rotational resistance against said wheel.

15. (Allowed) The braking system of claim 14, wherein said first reaction surface is defined on a lower portion of a hollow tube fixed to said frame and extending there through, said shaft being received within said hollow tube.

16. (Currently Amended) The braking system of claim 14, wherein said shaft is operable to transmit force there through toward said brake pad along a longitudinal axis of said shaft in response to inward pressure applied by the user to said force transmitting ~~actuating~~ member, thereby temporarily applying additional brake pad contact pressure to said wheel to at least slow rotation thereof.

17. (Allowed) The braking system of claim 11, wherein said biasing member provides a substantially linear resistance when subjected to elastic deformation.

18. (Allowed) The exercise bicycle as defined in claim 11, wherein a gap is defined between said biasing member and said force transmitting member throughout a range of elastic deformation of said biasing member.

19. (Currently Amended) A biasing mechanism for use with a braking and resistance system ~~a friction pad and a flywheel~~ of an exercise bicycle, comprising a force transmitting member operatively linked to a ~~the~~ friction pad and displaceable for adjusting contact pressure of the friction pad against a ~~the~~ flywheel, and a biasing member normally urging the force transmitting member toward the friction pad, the biasing member being elastically deformable away from a rest position thereof by manually displacing the force transmitting member away from the flywheel to reduce contact pressure between the friction pad and the flywheel.

20. (Previously Presented) The biasing mechanism as defined in claim 19, wherein said biasing member is disposed between a first reaction surface adapted to be immobile relative to a frame of the exercise bicycle and a second reaction surface disposed to transmit force from said biasing member to said force transmitting member.

21. (Previously Presented) The biasing mechanism as defined in claim 20, wherein said second reaction surface is defined on a force adjustment member displaceable with the force transmitting member.

22. (Previously Presented) The biasing mechanism as defined in claim 21, wherein said force transmitting member is a shaft and said force adjustment member is a nut threadably engaged thereto between the friction pad and the first reaction surface.

23. (Previously Presented) The biasing mechanism as defined in claim 22, wherein said biasing member is a compression spring disposed about the shaft between the first reaction surface and the nut.

24. (Previously Presented) The biasing mechanism as defined in claim 19, wherein said biasing member provides a substantially linear resistance when subjected to elastic deformation.

25. (Previously Presented) The biasing mechanism as defined in claim 19, wherein a gap is defined between said biasing member and said force transmitting member throughout a range of elastic deformation of said biasing member.

26. (Currently Amended) A tensioning mechanism for use with a friction brake and a rotatably mounted flywheel of an exercise bicycle comprising:

a movable rod acting on a ~~the~~ friction brake;

a member permitting adjustment of a force between the flywheel and the friction brake by the positioning of said rod; and

a biasing member urging the rod towards friction brake, the biasing member being elastically deformable away from a rest position thereof to permit the rod to be pulled and thereby temporarily moved away from the flywheel such that contact pressure between the friction brake and the flywheel is at least reduced.

27. (Previously Presented) The tensioning mechanism as defined in claim 26, wherein the member is disposed on a lower end of the rod near the friction brake and the biasing member is provided on the rod above the member.

28. (Previously Presented) The tensioning mechanism as defined in claim 27, wherein the member is a nut threadably engaged to the rod.

29. (Previously Presented) The tensioning mechanism as defined in claim 26, wherein the biasing member comprises a spring.

30. (Previously Presented) The tensioning mechanism as defined in claim 26, wherein a gap is defined between the biasing member and the rod throughout a range of elastic deformation of the biasing member.

31. (Currently Amended) An adjustable exercise bicycle comprising:

a frame including a rotatably mounted wheel;

a friction member engageable in friction contact with the wheel; and

a tensioning mechanism acting on the friction member for applying variable restraining forces to said wheel, said tensioning mechanism including a biasing member positioned to permit the entire tensioning mechanism to be displaced away from the flywheel to release force on said friction member.

32. (Currently Amended) A tensioning mechanism for use with a braking force applying friction pad and a flywheel of an exercise bicycle comprising:

a rod having a knob at a top thereof;

a member permitting adjustment of a force between a ~~the~~ flywheel and a ~~the~~ friction pad by ~~the~~ positioning ~~of~~ said rod above the member; and

a resilient element provided on the rod above the member to permit a ~~the~~ force to be applied onto the flywheel and to permit the knob to be pulled upwardly the release at least a portion of the force on the flywheel ~~to be released~~.

33. (Previously Presented) The tensioning mechanism as in claim 32 wherein said rod is threaded and said member comprises a nut threaded thereon.

34. (Previously Presented) The tensioning mechanism as in claim 33 wherein the resilient element comprises an elastic member.

35. (Previously Presented) The tensioning member as in claim 34 wherein the elastic member comprises a spring.

36. (Previously Presented) The tensioning member as in claim 32 wherein the resilient member permits the rod to be pulled to release the force on the flywheel.

37. (Currently Amended) A tensioning mechanism for use with a friction pad and a flywheel of an exercise bicycle comprising;

a rod;

a member threadedly engaged on the rod permitting adjustment of a force between a ~~the~~ flywheel and a ~~the~~ friction pad by ~~the~~ positioning ~~of~~ said rod; and

a resilient element provided on the rod above the member.

38. (Currently Amended) An adjustable exercise bicycle comprising:

a frame including a rotatably mounted flywheel;

a friction pad positioned above said flywheel;

a tensioning assembly mounted on said frame to apply force onto said friction pad, said tensioning assembly including a resilient member positioned to permit the entire tensioning assembly to be moved to release force on said friction pad.

39. Withdrawn

40. Withdrawn